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Chelsea Centineo



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Table of Contents



Newb

Penne with Peas, Spinach, Scallion in Red Wine Sauce	8
Grilled Chicken-Bacon-Veggie Skewers	10
Scrambled Eggs with Tomatoes, Scallions and Goat Cheese	11
Pomegranate Cucumber Salad with Croutons	12
Oven Roasted Potato Fries	14
No Knead Bread	15
Green Beans with Tomatoes, Onions and Queso Fresco	16
Soy Cheddar Tacos	18

Tweener

Maryland Crab Cakes	22
Parmesean Bread Sticks	24
Rustic Meatballs	25
Mushroom Kale Tofu	26
Shrimp and Leeks Quinoa	28

Food

Lobster Fried Rice	32
Crab Spinach Linguini	34
Eggplant Pizza	36
Roasted Stuffed Peppers	37
Ravioli with Peas and Garlic Sauce	38

Intro



You know the phrase “I live to eat?” I grew up with the opposite philosophy. Food was there, but it wasn’t important.

I didn’t like sauces, condiments, gooeyness. At one point, I didn’t even like pizza. Just the crust.

One might ask, why would you create this cookbook? Or even, can I trust the tastes of someone who hasn’t reaped the benefits of delicious food their entire life?

That’s your call, but of course I’m going to say yes.

Those years of suppressed cravings have fueled my love for food even further.

Now I appreciate the oozing cheese that seeps out of a calzone and the tartar sauce that accompanies my crab cake.

Without those years of suppression, I’d think food is just a regular, everyday thing. It’s something that literally feeds my body. But why not boost it in a good way?

Ever since I’ve discovered the foodie world, I’ve become obsessed. I constantly check food blogs, I refuse to eat at a typical burger joint and I fully understand why food makes the world a better place.

I created this book semi for myself and also to show nonfoodies that everyone can cook, as long as you put in a little effort.



Penne with Peas, Spinach, Scallion in Red Wine Sauce

This is something I made up on a whim. I had some people over and honestly, I didn't want to watch tv. Which was fine because I ended up looking like a super good host by "taking one for the team" and making dinner.

The thing about this dish that I really like, is that it's traditional but there's still a little something something that sets it apart. The wine gives the sauce a great burst of red that contrasts the fresh green tones of the veggies.

Ingredients

- 3/4 Cup - Box of Penne
- 2 Scallions Chopped
- 1 Can of Tomato Paste
- 4 Vine Tomatoes, Quartered
- 1/2 Cup of Red Wine
- 1/2 Cup of Peas
- 1/2 Cup Grated Parmesan Cheese
- 1 Cup of Spinach
- Water to Boil - Fill 3/4 of your pan
- 1 tbsp + 1 tsp Olive Oil
- 3 Garlic Cloves chopped or minced
- 1 tsp Crushed Red Pepper
- 1 tsp Salt

Steps

1. Start by boiling the water for your pasta. Add the pasta in when it's bubbling and cook for about 10 minutes. I always do a taste test with my spoon to see if it's to my liking.
2. In another pan (I use my wok but any pan will do) set it on medium heat and add about a tablespoon of olive oil along with the tomatoes. Once they cook down a bit, turn the heat down and add in the tomato paste, garlic, peas, pepper, salt and wine. Let the sauce marinate for at least another 15 minutes and then add in the spinach.
3. Pour the pasta into the sauce pan and evenly coat it. Leave it in there for another 5 minutes so the pasta absorbs the flavors. I like adding another teaspoon of olive oil at the end to up the richness factor.
4. For the finishing touch, sprinkle the cheese and scallions on top and serve.

Quick Tips

- Although this is a very light sauce, if you want to thicken it, add in some flour a teaspoon at a time.
- The smaller you dice the tomatoes (and any vegetable), the faster it will break down cook.
- It's important to understand that the type of red wine you chose will change the flavoring of your sauce. Make sure you don't pick a wine that is too sweet or too dry if you don't prefer that style.



Grilled Chicken-Bacon-Veggie Skewers

I think I got a little overzealous with this recipe because I took a picture before, but not an after!

Most likely it looked so good, that I forgot to snap another image.

So please use your imagination with these. Visualize the grill marks and post yumminess.

Ingredients

- 1 Zucchini
- 5 Mushrooms
- 2 Vine Tomatoes
- 2 or 3 Strips of Chicken (I buy the tenders)
- 3 Strips of Bacon
- 6-10 Thick Slices of Onion
- 8 Skewers, 2 per Skewer (for Wooden ones)
- Spice Rub
- Olive Oil

Steps

1. Prep your grill.
2. Chop up the zucchini, mushrooms, tomatoes, onion, chicken and bacon into chunks large enough to fit on a skewer. If they're too small they're more likely to fall off.
3. Grab two skewers and compile a veggie/meat combo in whatever order you like. I use two skewers per piece because it holds up better on the grill and it's easier to maneuver.
4. Season the veggies with any type of spice rub (chicken, steak, taco to name a few) or even salt and pepper works. Brush on the olive oil.
5. Cook on the grill for 10 minutes or until the meat cooks through.



Scrambled Eggs with Tomatoes, Scallions and Goat Cheese

Eggs are so easy to make, but there is also a fine line between ok eggs and excellent ones. I found that it's all about the ingredients and seasonings.

Timing is another key component and so is preference. Some people like crispy eggs, while other prefer soft ones. I personally like a combination of the two.

Ingredients

- 2 Eggs
- 2 Cherry Tomatoes
- 1/2 Scallion
- 1 tbsp Goat Cheese
- Salt
- Pepper
- 1 tsp Butter or Olive Oil

Steps

1. Add in the butter and get your pan hot. Preferable medium to high heat.
2. Chop up your tomatoes and scallions and place only the tomatoes into the pan.
3. Once the tomato starts to soften, add in the eggs.
4. In the meantime, sprinkle in the goat cheese and scallions. Add some salt and pepper.
5. Move the eggs around so they're evenly cooked and begin to hold their shape. You'll know when they're finish when some of the sides looks less loose.

Pomegranate Cucumber Salad with Croutons

Salads are super easy and super nutritious.

On this salad, and pretty much all of my salads, I add in homemade croutons since they only take about 10 minutes and add just a hint of uniqueness. Plus, people are always impressed by the little touches and extra steps you take to make your meal wonderful.

Salad is a resourceful way to use leftover veggies and in this case, bread too!

Ingredients

- Handfuls of Spring Mix
- 1/4 Onion Diced
- 1/4 Cucumber
- 2 Radishes
- Sprinkle of Feta Cheese
- 3 tsp Pomegranate
- 2 Slices of Bread
- Garlic Salt
- Oregano
- Olive Oil

Steps

1. Start off by setting the oven to a low broil. Cut the two slices of bread into crouton-size bites.
2. Place them on a pan and generously drizzle olive oil into the nooks and crannies. Sprinkle on the garlic salt and oregano.
3. Once your oven preheats, cook the croutons for about 7 minutes. Make sure you keep an eye on these because they can quickly burn.
4. In the meantime, start chopping up your veggies. You can slice them, dice them, etc. Whatever size you like.
5. I tend to sprinkle the cheese and the most colorful pieces on top to add a burst of color.
6. Add your salad, veggies and croutons into a decorative bowl and voila.

Quick Tips

- Salads are one of the most versatile things you can make, so have fun with it. You can add in eggs, avocado, bacon, cabbage, corn... pretty much anything.
- I love pairing salad with homemade bread or your favorite soup.
- If you want to add another homemade aspect, feel free to play around with creating your own salad dressings!



Oven Roasted Potato Fries

My mom created this recipe and it's a bit of a people pleaser. These fries are so easy to quickly create for guests or even after work for a weeknight dinner. The hardest part is waiting for them to bake.

The thing that is also great about these little bits of heaven, is that they're not fried. And yet, they hold the same great taste.

Ingredients

- 2 Russett Potatoes (on the larger side)
- Olive Oil
- Old Bay (rosemary and sea salt or thyme and black pepper are good substitutions)

Steps

1. Turn the oven on 375°F.
2. Cut the potato into wedges (about an inch thick)
3. Drizzle olive oil over the potatoes and coat them evenly on a flat pan. I flip them over and coat both sides fairly well.
4. Sprinkle Old Bay onto both sides of the potatoes.
5. Place the potatoes into the oven for 20 minutes. Then, flip the potatoes onto the other side for another 20 minutes. This time at 425°F. Once they're crispy enough, they're done.



No Knead Bread

This bread is super easy but you need at least 15 hours to complete the process.

On the bright side, there is only about 20 minutes of grunt work and the result is an impressive round loaf of dough. It's a great side for salads, soups or with plain butter.

Ingredients

- 2 Cups Flour
- 1 1/2 Cups Warm Water
- 3 tsp Active Dry Yeast
- Large Covered Pot that can fit in the oven
- 1 tsp Salt

Steps

1. Combine all of the ingredients in a large bowl, cover with plastic wrap and come back to it in 12-24 hours.
2. Dump the dough onto a floured surface and form it into a loose ball. Plop it back into the original bowl and let it sit for another 2 hours with a towel covering the bowl to keep it warm.
3. Turn the oven to 450°F and put the pot inside while it preheats.
4. Remove the pot and flop the dough into the pot. You can try to shape it a bit with a spatula, but the dough will turn out magnificent either way.
5. Bake for 30 minutes covered. Then, take off the lid to bake for another 15 minutes or until the top of the crust is super crispy. It's that easy!

Green Beans with Tomatoes, Onions and Queso Fresco

Green beans have to be my favorite vegetable. They are so crunchy and fresh and you can make them in a variety of ways.

The way I like to prepare them, is by adding the usual Italian blend of seasonings with sesame oil to give it a slightly asian twist.

I also like them roasted, but this way always turns out a little tastier for me.

Ingredients

- 1/2 lb Green Beans
- 2 Vine Tomatoes
- 1 Shallot
- Queso Fresco
- Olive Oil
- Sesame Oil
- Red Pepper
- Garlic Salt
- 2 Garlic Cloves

Steps

1. Pull off the extra stems of each green bean they've been rinsed.
2. Heat up your wok (or pan) on medium heat, splash in some olive oil and add in the green beans.
3. Chop up your shallot, garlic and tomatoes and add them to the pan. If you're using a regular pan, place the garlic in when you add in the sesame oil later so it doesn't burn.
4. Throw in some garlic salt and red pepper. If your beans start to burn and you need more olive oil, go for it.
5. I like my beans crispy and a little burnt so I cook them for around 20 minutes. Add in your sesame oil and queso fresco five minutes before everything is done just so the cheese melts.

Quick Tips

- You can sauté any vegetable with this same technique.
- Feta cheese happens to work really well with this recipe, but parmesan or any sharp or crumbly cheese will work.
- I like adding in the tomatoes for flavoring, but also because they add extra moisture.



Soy Cheddar Tacos

I know some of you will see Soy and automatically go yuck. But I promise that you and your guests will never know the difference between these and beef tacos.

I have served these tacos on many occasions and haven't been questioned once.

This is also one of my mom's original recipes, so it brings back a lot of memories.

Ingredients

- Soft Taco Shells (1 or 2 per person)
- 1 Bag of MorningStar Grillers Recipe Crumbles
- Ice Berg Lettuce
- Cheddar Cheese
- Hot Sauce
- Taco Seasoning
- Aluminum Foil
- Cooking Spray
- Tomatoes
- Onions
- 3 tbsp Olive Oil

Steps

1. Set your oven on 350°F and turn a burner on medium heat.
2. Coat the pan with olive oil and add in the amount of "meat" you need and cook for about 8 minutes. If you're cooking for four, I'd add in the whole bag in. Sprinkle in half the taco seasoning packet.
3. Dice the tomatoes, onions and do a rough chop for the lettuce.
4. Tear off aluminum foil pieces that are about a foot in length. Spray one side with cooking spray.
5. Now, it's time to assemble the tacos. Place a shell in the middle of the aluminum foil and add in a scoop of soy. Then evenly spread the cheese, tomatoes, onions and lettuce inside. Finish it off with a few squirts (or even drops) of hot sauce.
6. Fold the aluminum foil inward on the short side and then the remaining sides. You're making a nice cocoon for your taco.
7. Place the tacos onto a pan and then into the oven for half an hour. Pull them out when the bottom is slightly crispy and the cheese is melted.

Quick Tips

- I like the blend of the taco seasoning that comes in a packet from the grocery store, but you are more than welcome to create your own blend of spices to season the "meat."
- Again, soy may not be your thing. Feel free to substitute this with chicken or beef or whatever your heart desires.





TWEENER

Maryland Crab Cakes

Marylanders love crabs. And I’m talking specifically about blue crabs.

We like them better than shrimp, fish or even lobster. Call us nuts if you want, I get it. They’re creepy.

But, picture this: you’re with a group of friends or family outside on a picnic table, drinking some beer. You’re all feasting on dozens of fresh crabs. They’re a combination of salty spicy and there’s nothing like it.

Ingredients

- 8 ounce Maryland crab (lump or claw)
- 1 Egg
- 1/2 Cup mayo
- 1/2 Cup Breadcrumbs or panko
- Herbs (Thyme or Oregano)
- Garlic Salt
- 1/2 tsp Dijon Mustard
- 1 tsp Worcestershire Sauce
- 1-2 Slice (s) Butter (optional)
- Olive Oil or Cooking Spray

Steps

1. Preheat the oven to a low broil.
2. In a bowl, place the crab meat, egg, mayo, breadcrumbs, Old Bay, herbs, salt, mustard and Worcestshire. (Pretty much everything except the butter).
3. Whisk the egg and mayo together and carefully combine everything else without breaking up the large clumps of crab meat.
4. Use your hands to mold the crab cakes to whatever size you prefer. I like mine around the size of a fist. Place them on a greased flat pan.
5. Cut the butter into small cubes and place a tiny peace on top of each crab cake.
6. Broil on low for about 12 minutes. The top should be golden brown and crispy while the inside remains soft.

Quick Tips

- Lump crab meat is always better than claw but for those of us on a budget, claw is our best option. And honestly, it’s hard to taste the difference if you bought decent crab meat.
- I tend to finish my crab cakes with a little lemon. The acidity of the lemon pairs well with the sweetness of the crab cakes. A little parlsey on top is a nice touch too if you want to add a burst of color.



Parmesean Bread Sticks

I wish bread was an essential food group. I love everything about it. I love making it, eating it, kneading it.

Plus, it’s easy to wow people when you make fresh bread. They almost think that you need to be some sort of foodie magician. News flash, you don’t. And it’s not even hard.

Ingredients

- 1 1/2 Cup Warm Water
- 2 tbsp Sugar
- 1 tbsp Yeast, Active Dry
- 1/4 Cup + 1 tbsp Olive Oil
- 1 tsp Salt
- 3 1/2 Cups Flour
- 1/4 Cup Parmesan Cheese
- Sprinkle of Galic Salt
- 3 Garlic Cloves, Minced

Steps

1. Combine water, yeast and sugar and let it sit until the yeast starts to bubble.
2. Add in the tablespoon of olive oil and salt. Then, add in the flour about a half cup at a time and mix.
3. Flour a surface and roll out the dough. I try to get it into a rounded rectangular shape.
4. Brush the remaining olive oil on the dough and sprinkle most of the parmesan cheese on top.
5. Fold the dough in half, lenthwise and cut the dough into 3 inch pieces.
6. Twist the bread onto a greased pan. I typically btudh the oilive oil that oozes out onto the tops of the bread. Gives it a shine.
7. Cook on 400°F for 20 minutes. And add the remaining cheese and sprinkle the garlic salt while it’s hot.



Rustic Meatballs

I am by no means a meat lover, but beef has slowly wiggled it’s way into my tastebuds.

These meatballs are so delicious that sauce isn’t even necessary.

You can pair these meatballs your favorite pasta meal, or even eat these as a side dish with just a salad.

Ingredients

- 1 lb Ground Beef (I like the lean stuff)
- 3 Minced Garlic Cloves
- Salt
- Black Pepper
- 1 Egg
- 3/4 Cup of Warm Water
- 3/4 Cup Parmesean Cheese
- 1/2 Cup Italian Breadcrumbs

Steps

1. Set the oven on 375°F.
2. Put the meat in a large bowl and press the garlic into it along with some salt and pepper.
3. Crack the egg and pour the water in.
4. Finally, add the cheese and then the breadcumbs.
5. Using your hands, fold the mixture from the outside in. Go around the bowl twice and you’re done.
6. Roll the meat into balls (your call on size) and place them on a greased pan. Bake for 20 minutes.

Mushroom Kale Tofu

A lot of people hate tofu. And I get it. It's not exactly your most flavorful thing on the planet. But that's why your seasoning is super important to the success of this meal.

I love the style of this dish. It's clean, it's simple and something I make for myself often.

Feel free to substitute this tofu for chicken or any other kind of meat, but keep in mind the cooking times may change.

Ingredients

- 1 Pack of Extra Firm Tofu
- 1 Shallot
- 2 Garlic Cloves, Minced
- 1 Slice of Lemon
- 1 tsp of Teriyaki
- 2 tsp of Olive Oil
- 1 tsp of Chili Paste or Sriacha
- 1 Cup of Mushrooms
- 1 Cup of Kale

Steps

1. Set a grill pan (or regular pan) on high and drizzle in a teaspoon of olive oil.
2. Once it gets hot, add in the tofu. Be careful, the oil might sizzle up.
3. Chop up shallots and mushrooms and put them in as well. Chop your kale at this point, too.
4. Check on your tofu every once in awhile and flip it when you see grill marks or it starts to get crunchy.
5. Turn it down to medium heat and add in your chili paste, garlic and chopped kale. Cook for another 10 minutes (right before the kale wilts).
6. Drizzle on the teriyaki and lemon as a finishing touch and plate.

Quick Tips

- I really like this meal with pesto instead of teriyaki because the saltiness provides great flavor for the tofu. You can also marinate it ahead of time in any kind of salty/spicy/sweet sauce.
- Let's talk about cooking the tofu. I like my tofu when the edges are crispy and the inside is soft. If your prefer an all around soft texture, cook it less. It's that simple.



Shrimp and Leeks Quinoa

I made this recipe up at the spur of the moment. I was craving something with Quinoa and also happened to buy leeks that week.

This fits somewhere between a rice style dish and a soup.

What’s great about using chicken stock is that the quinoa soaks up all the flavoring which adds an extra layer of depth to this dish.

Ingredients

- 3/4 Cup Quinoa
- 1 Large Leek
- 1 Carrot
- 1 Cup Chicken Stock
- 10 Pieces of Shrimp
- Handful of Mushrooms
- 2 Cups Spinach
- 2 tbsp Olive Oil
- 2 tsp Hot Sauce
- Red Pepper
- Sea Salt

Steps

1. Boil some water and cook the quinoa for 20 minutes or go by the directions advise on the package.
2. In another pan, drizzle the olive oil and set the heat on medium.
3. Thinly slice up the leek, mushrooms and carrots and throw them into the pan.
4. Once they cook for 15 minutes, add in the chicken stock, shrimp, spinach, hot sauce, salt and pepper. Pretty much everything else.
5. Cook for additional 10 minutes or until the shrimp are pink.

Quick Tips

- There are so many ways to make this dish. You can start by changing the base. Instead of chicken broth, why not turn it into a curry with coconut milk?
- I also love to spice things up so some kind of spicy pepper would go great in here.
- Instead of Quinoa, you can subtitue any grain: rice, barley, even pasta.





FOODIE

Lobster Fried Rice

I make my version of fried rice on a regular basis. It's so versatile and easy to make. Plus, you get a good heaping of veggies without realizing it.

The most important aspect of this dish is the sauce. I like the peanut soy combo but any kind of asian sauce will work. Oyster sauce, sesame oil, the skies the limit.

You can even go plain and add extra Olive Oil or butter.

Ingredients

- 2/3 Cup of Brown Rice
- 1 Carrot, Diced
- 7 Sugar Snap Peas
- 1/2 Vine Tomato
- 1 Lobster Tail or Shrimp
- 2 Garlic Cloves
- Ginger, Grated
- Handful of Mushrooms
- 1 1/2 tsp Soy Sauce
- Red Pepper
- 2 tsp Peanut Sauce
- Olive Oil

Steps

1. Start by boiling water in a pan for the rice. Once that starts to bubble, throw in your rice and cook for 20 minutes. Then drain.
2. In the meantime, you need another pot boiling for your lobster. Dump in the lobster once it's hot enough and boil it for about 5 minutes. You'll know it's ready when it starts to get reallly orange.
3. Heat up a wok (or regular pan) on high and splash in some oilve oil. When hot, add in your carrots, tomatoes and sugar snap peas after you've diced them down. Wait for the carrots to carmelize a bit.
4. Now, back to the lobster. I use kitchen scissors to open it up and scoop out the meet but I'm sure there are better ways to get the job done.
5. Add the lobster and feta into the wok to finish it off. Let it sit for a few minutes to melt the cheese and that's it!

Quick Tips

- You can substitute these veggies for pretty much anything. Add in green beans, corn, regular peas, have fun with it!
- I also like to add scrambled eggs at times into my concotion. Just make sure to add them closer to the end of the preparation so they don't over cook.



Crab Spinach Linguini

This dish is inspired by my grandma’s recipe.

Crabs are a huge part of Maryland’s culture (and this book). Most of my summers growing up were spent either fishing or catching crabs in the Chesapeake Bay.

They aren’t as plentiful as they use to be, but at times you find yourself with leftover crabs. And I’m assuming that’s why this recipe was created.

Ingredients

- 3 Crabs, Halved and Cleaned
- 1/2 Box Linguini
- 2 Handfuls of Spinach
- 1/2 Can Vodka Sauce
- 3 Vine Tomatoes
- Olive Oil
- Red Pepper

Steps

1. Boil the crabs. You want to fill the pot up 3/4 of the way with water. The crabs are ready when they turn red and the meat looks less translucent.
2. In another pot, boil water for your linguini. Dump in the pasta once the water is bubbling and cook for 10-15 minutes.
3. A wok or a large pan is needed as the third piece of kitchenware. Quarter the vine tomatoes and place them in the wok once it reaches medium heat. Make sure you place the olive oil in the pan when you first set the temperature.
4. Finally, add the remaining vodka, sauce pepper and spinach as well as the crab and pasta.
5. Let them marinate together for 10 minutes and serve.

Quick Tips

- If you’re not from Maryland or the surrounding areas, crabs can be hard to find. But the good news is that crabs aren’t essential to make this a phenomenal dish. Grilled chicken, lobster or even shrimp are great options.
- As I’ve said before, I like really spicy stuff. I think adding in Old Bay seasoning or any kinda of hot sauce would give this dish a much needed kick.



Eggplant Pizza

I could eat pizza every day. It combines all of my favorite things; cheese, tomatoes, bread. Unfortunately, those things aren't necessarily good for you.

I created this recipe when I was in a pinch for time. I also needed a quick, handheld appetizer for a social event that evening.

Plus, who doesn't like pizza in any shape or form?

Ingredients

- 1 Small Eggplant
- 1/2 Can Tomato Sauce
- Shredded Mozzarella Cheese
- Basil
- Hot Sauce
- Salt
- 2 Eggs
- 1 Cup Breadcrumbs
- Olive Oil

Steps

1. You're going to need 2 bowls; one for the egg mixture and another for the breadcrumb. For the egg mixture, whisk the eggs and combine that with a few drops of hot sauce. I like giving the eggplant a small kick. In the second bowl, add the breadcrumbs and a sprinkling of salt.
2. Once your station is set up, cut the eggplant into 1/2 inch slices. Dip each piece into the egg wash first and then coat it with in the bread crumbs. Place it on a greased baking pan.
3. Preheat the oven to 350°F. Cook the eggplant for 15 minutes and then flip them.
4. Cook for an additional 10 minutes and spoon on the tomato sauce and cheese on each piece.
5. Bake for a remaining 5 minutes or until the cheese melts.

Roasted Stuffed Peppers

Stuff Peppers are so easy to make and not very hands on. You can switch up the flavors by adding chicken and taco seasoning or even make them more italian themed by switching the rice out with risotto and adding your favorite sausage.

The most important thing about this recipe is presentation. I like to use different color peppers and keep the tops to make it more fun.

Ingredients

- 1 Pepper per Person
- 1/3 Cup Brown Rice Per Person
- Olive Oil
- Salt
- Avocado
- Pepper
- Cooking Spray

Steps

1. Boil some water and cook your rice as directed by the package. Usually it's around 20 minutes.
2. At the same time, heat the oven to 375°F and use the cooking spray to coat your pan.
3. Prep your peppers by carving them like a pumpkin. Cut the top off in a circular fashion (I like to keep these for decorative purposes) and scoop out the seeds.
4. Drizzle olive oil and pepper evenly on each pepper and place them on your pan.
5. If your rice is fully cooked, slice up an avocado and mix it with the rice. This gives it a creamy, nutty texture and also adds a bit of color. Sprinkle in some salt, too.
6. Place the peppers into the oven for 20 minutes. Then, scoop in some rice into each pepper and cook for additional 20 minutes or until the peppers are soft.

Ravioli with Peas and Garlic Sauce

This is my favorite meal of all time. It takes a bit longer than most dishes, but there’s nothing else like it!

Ingredients

- 2 Cups of Flour, plus a little more
- 4 Eggs
- 2 Cups of Ricotta Cheese
- Oregano
- Garlic Salt
- Red Pepper
- 5 Garlic Cloves
- 1/4 Cup Olive Oil
- Pesto
- Basil
- 8 Cherry Tomatoes
- 1/2 Cup Peas

Steps

1. The first step is to create the dough. This takes about 45 minutes in total, so you might want to start or even make this step the day before to give you some extra time. The fine will be fine in the fridge if you prefer that route.
2. Place the flour on a cutting board or even create a space on your kitchen counter. Form a little hole to hold your eggs (only 3) in the middle and add them in. Save the remaining egg for the filling.
3. Start by whisking the eggs with the flour. I prefer a fork over a whisk because the flour is hard to remove while cleaning. Once you’ve whisked all you can, it should start forming into a dough. Use your hands to knead the dough for 10 minutes or until it’s dense and smooth. Let it set for 30 minutes.
4. While you’re waiting on the dough, you can create the filling. Mince 2 cloves of garlic. Mix the garlic together with the eggs, ricotta, oregano, pepper, and spinach. Taste it and make sure you’re pleased with the flavoring.
5. When your 30 minutes are up, it’s time to roll out the dough. I use a pasta machine to thin it out, but it is also possible to do it by hand with a rolling pin. Either way, cut your dough into 6 chunks. Play with it a little bit so it becomes more elastic. Run it through your pasta machine around 5 times, gradually decreasing the size as you go.
6. When you rolled it out to your pleasing, place dollops of your ricotta mix on half the pasta, making sure to space them out enough. If you have a stamper, use that and fold the other side over. You can also use a sharp knife to cut out the pieces.
7. Once you have completed this process with all of your 6 chunks, boil some water. Fresh pasta cooks very quickly, so it’ll probably only take 5 minutes. You can take them out when they float.
8. I like to keep the sauce simple for this because I think the freshness pasta shouldn’t be altered by sauce. Drizzle some Pesto over the cooked ravioli and sprinkle on some oregano and garlic salt to finish it off.

Quick Tips

- I used spinach as my main filling ingredient, but you can put any veggie or meat inside! Ravioli are a very versatile food and it’s also something that is fun to make in a group setting.
- If you want to make a different form of pasta, instead of filling it with ricotta, cut it into strips to me fettucini. If you have a pasta machine, it typically comes with different settings.



Index

C

Crab Spinach Linguini 34

E

Eggplant Pizza 36

G

Green Beans with Tomatoes, Onions and Queso Fresco 16

Grilled Chicken-Bacon-Veggie Skewers 10

L

Lobster Fried Rice 32

M

Maryland Crab Cakes 22

Mushroom Kale Tofu 26

N

No Knead Bread 15

O

Oven Roasted Potato Fries 14

P

Parmesean Bread Sticks 24

Penne with Peas, Spinach, Scallion in Red Wine Sauce 8

Pomegranate Cucumber Salad with Croutons 12

R

Ravioli with Peas and Garlic Sauce 38

Roasted Stuffed Peppers 37

Rustic Meatballs 25

S

Scrambled Eggs with Tomatoes, Scallions and Goat Cheese 11

Shrimp and Leeks Quinoa 28

Soy Cheddar Tacos 18

